

# ***“We CAN” Weight Loss Challenge***

**Benefiting the Brazos Valley Food Bank, the  
KBTX Food for Families Food Drive and YOU!  
September 2nd –November 25th, 2014**



**WHAT?** A weight loss challenge for employees of the City of Bryan. For every pound lost, HEB will donate one canned good to the KBTX Food for Families Food Drive being held on December 10, 2014.

**WHEN?** Initial Weigh-in will take place during the following times:  
September 2nd from 11am-1pm in the MOB Basement or  
September 3rd from 7:30-8:30am at the MSC

To help you on your weight loss journey, we will host three optional seminars during the challenge:

- Wednesday, September 10th Noon-1:00pm: Food Labels 101 & Virtual Grocery Store Tour  
Speaker: Kristin Shaffer, Registered Dietitian & Wellness Coach
- Monday, September 22nd Noon-1:00pm: Beginning an Exercise Program  
Speaker: Dr. Steve Martin, TAMU FitLife Program Coordinator
- Tuesday, November 18th Noon-1:00pm: Healthy Eating Through the Holidays  
Speaker: Kristin Shaffer, Registered Dietitian & Wellness Coach

If you are interested in participating, please contact Lesley Ward at [lward@bryantx.gov](mailto:lward@bryantx.gov) and an informational packet will be sent to you at that time.

**The final weigh-ins will be done November 25th.  
Time and location will be announced.**